

ReCODE Protocol: Personal & Medical History

(Bredesen: The End of Alzheimer's, © 2017)

Risk factors — Have you currently or ever:

- Suffered head trauma. (Ever been knocked unconscious? Had an automobile accident? Played contact sports?)
- Had general anesthesia (how many times?). *General anesthesia combines anesthetic toxicity with possible decreased oxygenation, which can affect brain function.*
- Have dental amalgams. *Exposure to inorganic mercury.*
- Eat high-mercury fish. *Exposure to organic mercury.*
- Take certain medications (especially any with brain effects, such as benzodiazepines like Valium, antidepressants, blood pressure pills, statins, proton pump inhibitors, or antihistamines).
- Used street drugs.
- Drink alcohol (and how much?).
- Smoke cigarettes.
- Practice good oral hygiene. *Poor oral hygiene has been found to contribute to inflammation elsewhere in the body.*
- Have surgical implants (such as artificial hips or breast implants).
- Have liver, kidney, lung, or heart disease.
- Snore. *Possible sleep apnea.*
- Consume hot-pressed oils (like palm oil). *Hot-pressed oils lose some of their vitamin E & form damaging molecules in processing, and therefore may be damaging to the brain.*
- Eat foods high in *trans* fats or simple carbohydrates. *These have multiple effects, such as vascular damage and insulin resistance.*
- Have chronic sinus problems. *Possible exposure to molds and related mycotoxins.*
- Have gastrointestinal problems such as bloating or recurrent diarrhea. *Possible leaky gut.*
- Have mold in your house, car, or workplace. *Risk factor for cognitive decline.*
- Eat processed foods or nonorganic foods. *Possible insulin resistance and toxin exposure.*
- Had tick bites. *Ticks carry over 70 different pathogens, such as the Lyme disease *Borrelia*, and the chronic inflammation associated with these may contribute to cognitive decline.*
- Take proton pump inhibitors or other anti-acid drugs for reflux. *These reduce the stomach acid needed for digestion, and reduce the uptake of zinc, vitamin B12, and other nutrients.*
- Use makeup, hair spray, or antiperspirant. *Toxic exposure.*
- Don't sweat much (*an important route for toxin elimination*).
- Been constipated (*bowel movements also eliminate toxins*).
- Don't drink enough purified water (*urine also removes toxins*).